

Dear Fellow State Employees,

Please note: WOW emails are going to quarterly distribution. However, the WOW Contest will continue, and WOW website content will be updated monthly; so remember to visit our pages each month.

Cheers to summertime in Michigan from the WOW-Working On Wellness website:

- \* NUTRITION: Find information and resources for healthy summer eating, refreshing summer beverages, and food preparation during power outages.
- \* FITNESS: Tips on how to stay active. What shape are you?
- \* MEN'S HEALTH: Look for additional links to resources on leisure time activities, working around home and more.
- \* WOMEN'S HEALTH: Link to multiple resources for women.
- \* WOW NEWS: Participate in the WOW Contest, read wellness stories and share your own healthy summer tips.
- \* FITNESS CLUB & PEDOMETER DISCOUNTS: See whether there's something new for your area.

Please click to go directly to our WOW website

[http://www.michigan.gov/mdcs/0,1607,7-147-22854\\_24290---,00.html](http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html) or go to <http://www.michigan.gov/mdcs> and click on Employee Benefits, then Employee Health and Wellness.

Check the August WOW News page to learn who won the July WOW Contest. Thanks to all contest participants. Please try again next month if you have never been selected a winner.

**The 10<sup>th</sup> Annual Lansing Heart Walk is scheduled for Saturday, September 17, 2005.** Captains are needed. To register for the heart walk, 1) call Jill Schumacher at 1 (800) 968 2425 ext. 7, or 2) visit <http://www.lansingheartwalk.kintera.org> and register online, or 3) fill out the Team Captain Form (click below) and fax to (517) 349 3240. Learn more about the heart walk, and read a survivor's story:

Announcement: [http://www.michigan.gov/documents/2005HeartWalkFactSheet\\_130249\\_7.pdf](http://www.michigan.gov/documents/2005HeartWalkFactSheet_130249_7.pdf)

Survivor Story: [http://www.michigan.gov/documents/SurvivorStory\\_130244\\_7.pdf](http://www.michigan.gov/documents/SurvivorStory_130244_7.pdf)

Team Captain Form: [http://www.michigan.gov/documents/TeamCaptainForm\\_130213\\_7.pdf](http://www.michigan.gov/documents/TeamCaptainForm_130213_7.pdf)

**More Summer Ideas** All across the country, people are waking up to the amazing potential of *parks and healthy lifestyles*. Explore the many ways in which parks and recreation are making our communities happier, healthier, and more livable (per the National Recreation & Parks Association). **Visit your local, county and/or State DNR websites** for lists of parks & forests, hiking & biking trails, museums &

historic sites, boating opportunities, picnicking & camping sites, wildlife & plant habitats, and fishing sites. "Great lakes, Great times, Great outdoors" in Michigan are one more way to lead a healthy lifestyle; opportunities for more physical activity—'one step at a time' for BIG rewards in our health and well-being.

For your FREE **2005 Michigan Travel Ideas**, filled with ideas on how to enjoy a fun & healthy Michigan summer, go online to the State website <http://www.travel.michigan.org/michigantravelideas/>. While you're there, be sure to read about **Michigan's Golfers Paradise** and some of the top rated courses in our state.

**Michigan Steps Up**, the healthy lifestyle campaign of our Surgeon General Dr. Kimberlydawn Wisdom has a NEW tool online @ <http://www.michiganstepsup.org>: a FREE Health Risk Appraisal.

**Delta Dental participants:** Are you aware of the consumer tool kit found at <https://www.consumertoolkit.com>? "Dieters", could you be damaging your dental health? Locate dental health tips, eating disorder information, and more. To log-in, enter your social security number (Subscriber Member Number) and date of birth.

Have an active and healthy summer!

Working On Wellness  
The WOW Team  
Employee Health & Wellness  
August 2005